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IDENTIFIERS *Aging

ABSTRACT

Prepared for an interdisciplinary gerontology course at the School of Nursing of Boston University, the document recommends resources on topics related to aging. The directory is presented in 11 chapters. Chapters I and II list more than 90 texts, non-fiction works, monographs, and annotated bibliographies on aging. For each entry information is given on author, title, publisher, and date of publication. Chapter III lists approximately 30 films, filmstrips, and audiovisual aids which deal in a general way with aging. Chapter IV identifies organizations, journals, newsletters, and research programs which focus on older adults. Chapter V identifies seven projective tests for use by elderly persons and by social workers involved with the elderly. The tests are intended to help older adults understand and develop positive attitudes toward aging. Chapter VI briefly reviews portrayals of aging in 83 selections from literature and poetry. Chapter VII presents a listing of more than 50 books and educational materials on adult education. Chapters VIII through XI consist of listings of books and articles on the politics of aging, social action, retirement, aging and death, and combatting negative attitudes toward old age. Each entry identifies author, title, publisher, publication date, and journal title and page numbers where appropriate. Some of the entries are briefly annotated. (DB)

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Selected Resources on Aging

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NATIONAL INSTITUTE OF EDUCATION

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compiled and edited by
Sara Goodman

SØ 011 265

INTRODUCTION

These selected resources on aging were compiled and edited for a multidiscipline gerontology course. This course was offered in the spring term of 1978 by the School of Nursing of Boston University and taught and coordinated by Caroline J. Dorr.

Sara Goodman
34 Laurel Lane
Longmeadow, Ma. 01106

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Acknowledgments

I

GENERAL

SELECTED READINGS

ON

AGING

TEXTS

Atchley, R. C. The social forces in later life. Belmont, Ca.: Wadsworth Publishing Co., 1972.

Bier, W. (Ed.). Aging. New York: Fordham University Press, 1974.

Binstock, R. H., & Shanas, E. (Eds.). Handbook of aging and the social sciences. New York: Van Nostrand Reinhold, 1977.

Birren, J. E., & Schaie, K. W. (Eds.). Handbook of the psychology of aging. New York: Van Nostrand Reingold Co., 1977.

Bischof, L. J. Adult psychology. New York: Harper & Row, Publishers, 1976.

Blau, Z. S. Old age in a changing society. New York: New Viewpoints, 1973.

Brantl, V. M., & Brown, M. R. Readings in gerontology. St. Louis: The C. V. Mosby Company, 1973.

Buckley, Mary. The aged are people too. Port Washington, N.Y.: Kennikat Press, 1972.

Burgess, E. W. (Ed.) Aging in Western societies. Chicago: University of Illinois Press, 1960.

Busse, E. W., & Pfeiffer, E. Behavior and adaptation in later life. Boston: Little, Brown and Co., 1977.

Butler, R. N. Why survive? Being old in America. New York: Harper & Row, Publishers, 1975.

Byerts, T. O., Lawton, M. P., & Necomer, R. S. (Eds.). Community planning for an aging society. Stroudsburg, Pa.: Dowden, Hutchinson and Ross, 1976.

Carp, F. M. A future for the aged. Austin, Texas: The University of Texas Press, 1966.

Cowgill, D. O., & Holmes, L. D. Aging and modernization. New York: Appleton-Century-Crofts, 1972.

Eisdorfer, C., & Lawton, M. P. The psychology of adult development and aging. Washington, D. C.: The American Psychological Association, 1973.

Elder, G. H., Jr. Children of the great depression. Chicago: The University of Chicago Press, 1977.

Finch, C. E., & Hayflick, L. (Eds.). Handbook of the biology of aging. New York: Van Nostrand Rheinhold Company, 1977.

Gaffney, W. S., & Nouwen, H. J. Aging. New York: Doubleday, 1976.

Greenough, W. C., & King, F. P. Pension plans and public policy. New York: Columbia University Press, 1976.

Gubrium, J. F. (Ed.) Time, roles, and self in old age. New York: Human Sciences Press, 1976.

Hiltner, J. (Ed.). Toward a theology of aging. New York: Human Sciences Press, 1975.

Hulicka, I. M. Empirical studies in the psychology & sociology of aging. New York: Thomas Y. Cromwell Company, 1977.

Kart, C. S., & Manard, B. B. Aging in America. Port Washington, N. Y.: Alfred Publishing Co., Inc., 1976.

Kimmel, D. C. Adulthood and aging. New York: John Wiley and Sons, 1974.

Kleyman, P. Senior power: Growing old rebelliously. San Francisco: Glide Publications, 1974.

Knox, A. B. Adult development and learning. San Francisco: Jossey-Bass, Pu/1977.

Koch, K. I never told anybody: Teaching poetry writing in a nursing home. New York: Random House, 1977.

Kreps, J. M. (Ed.). Lifetime allocation of work and income. Durham, N. C.: Duke University Press, 1971.

Maas, H. S., & Kuypers, J. A. From thirty to seventy. San Francisco: Jossey-Bass Publishers, 1975.

Marmor, T. R. The politics of Medicare. Chicago: Aldine Publishing Co., 1970.

McLeish, J. A. The Ulyssean adult: Creativity in the late and middle years. Toronto: McGraw-Hill, 1976.

Munnell, A. H. The effect of social security on personal saving. Cambridge, Ma.: Ballinger, 1974.

Munnich, [illegible]. M., & Vanden Heuvel, W. S. (Eds.) Dependency or interdependencey in old age. The Hague, Netherlands: Martinus Nishoff, 1976.

Neugarten, B. L. (Ed.). Middle age and aging. Chicago: The University of Chicago Press, 1968.

Pratt, H. J. The gray lobby. Chicago: University of Chicago Press, 1976.

Riley, M. W., et al. (Eds.). Aging and society (Volumes I & II). New York: Russell Sage Foundation, 1969.

Rosow, I. Socialization to old age. Berkeley: University of California Press, 1974.

Sarason, S. B. Work, aging, and social change. New York: The Free Press, 1977.

Schulz, J. H. The economics of aging. Belmont, Ca.: Wadsworth Publishing Co., 1976.

Shanas, E., & Sussman, M. B. (Eds.). Family, bureaucracy, and the elderly. Durham, N. C., Duke University Press, 1977.

Smith, B. K. Aging in America. Boston: Beacon Press, 1973.

Tibbits, Clark (Ed.). Handbook of social gerontology. Chicago: University of Chicago Press, 1960.

Woodruff, D. S., & Birren, J. E. Aging: Scientific perspectives and social issues. New York: D. Van Nostrand Company, 1975.

POPULAR NON-FICTION

Bellak, L. The best years of your life. New York: Atheneum, 1975.

Beauvoir, Simone de. The coming of age: A study of the aging. New York: Putnam, 1970.

Comfort, A. A good life. New York: Crown Publishers, Inc., 1976.

Curtin, S. R. Nobody died of old age. Boston: Little, Brown and Company, 1972.

Galton, L. Don't give up on an aging parent. New York: Crown Publishers, Inc., 1975.

Huyck, M. H. Growing older. Englewood Cliffs, New Jersey: Prentice-Hall Inc., 1974.

Knopf, O. Successful aging: The facts and fallacies of growing old. New York: The Viking Press, 1975.

Moss, G., & Moss, W. (Eds.). Growing old. New York: Pocket Books, 1975.

Paull, I., & B. Everybody's studying us. San Francisco: Glide Publications, 1976.

Sheehy, G. Passages. New York: E. P. Dutton & Co., Inc., 1974.

Shura, S. Aging: An album of people growing old. New York: John Wiley and Sons, 1974.

Silverstone, B., & Hyman, H. K. You and your aging parent. New York: Pantheon Books, 1976.

Tobin, S. S., & Lieberman, M. A. Last home for the aged. San Francisco: Jossey-Bass Publishers, 1976.

MONOGRAPHS AND SPECIAL PUBLICATIONS

Age, physical ability and work potential. Washington, D. C.: National Council on Aging, 1973.

Aging: Prospects and issues. Los Angeles, Ca.: Ethel Percy Andrus Gerontology Center, University of Southern California, 1976.

Annual report 1976. Washington, D. C.: Federal Council on Aging.

Bengtson, V. L. The social psychology of aging. Indianapolis, The Bobbs-Merrill Company, Inc., 1973.

Emling, D. C. Adult chore services: A profile of in-home assistance. Lansing, Mi.: Michigan Department of Social Services, 1976.

Havighurst, R. J., McDonald, W. J., Perun, P. J., & Snow, R. B. Social scientists and educators: Lives after sixty. Chicago: Department of Education, University of Chicago, 1976.

Moser, C. The maturity of social security: Problems of aging. Washington, D. C.: The Heritage Foundation, 1978.

Neugarten, B. L., & Havighurst, R. J. Social policy, social ethics, and the aging society. Washington, D. C.: National Science Foundation, 1976.

Neuman, Sandra. Housing adjustments for older people. Ann Arbor, Mi.: Institute for Social Research, 1976. (Phase One and Phase Two reports).

Psychosocial needs of the aged: Selected papers. Los Angeles, Ca.: Ethel Percy Gerontology Center, University of Southern California, 1976.

Sheppard, H. L. New perspectives on older workers. Kalamazoo, Mi.: The W. E. Upjohn Institute for Employment Research, 1971.

Tender loving care: A model community action program to employ older people as aides to work with very young children. Washington, D. C.: National Council on Aging, 1972.

The aged and community mental health. New York: Group for the Advancement of Psychiatry, 1971.

The golden years--A tarnished myth. Washington, D.C.: Project Find Report, National Council on Aging, 1972.

The middle years: Neither too young: Nor too old. Washington, D. C.: The National Council on Aging, 1972.

The myth and reality of aging in America. Washington, D. C.: The National Council on Aging, 1975.

The senior worker action program: A model community action program to promote recruitment, counseling, and job placement of older workers. Washington, D. C.: National Council on Aging, 1972.

Women and social security: Adapting to a new era. Washington, D. C.: U. S. Government Printing Office, 1975.

Adulthood. Daedalus, 1976, 105(2).

Aging and the family. The Family Coordinator, 1972, 21 (1).

Older persons: Unused resources for unmet needs. Social Policy, 1976, 7(3).

The Greening of old age. Innovations, 1977, 4(1).

Sara Goodman
Spring, 1978

II

ANNOTATED BIBLIOGRAPHIES

CATALOGS

PUBLICATIONS

Age is becoming: An annotated bibliography on women and aging. Oakland, Ca.: Task Force on Older Women, 1977.

Aging: An annotated guide to government publications. Storrs, Ct.: The University of Connecticut Library, 1975.

Andrus gerontology center bibliographies. Los Angeles, California: University of Southern California, University Park, 1975.

Assessment and therapy in aging.

Environmental planning for the elderly.

Etiology of mental disorders.

Intellectual functioning and aging.

Intergenerational relations and aging.

Psychological adjustment to aging.

The relation of stress and age.

Safety for the elderly.

Sexuality and aging.

Annotated publications list. Washington, D. C.: National Council on the Aging Inc., 1976.

Catalogue: Publications, films, cassettes. Ann Arbor, Michigan: Institute of Gerontology, University of Michigan - Wayne State University, 1976.

Selected staff papers. Ann Arbor, Michigan: Institute of Gerontology, The University of Michigan, 1976.

Sexuality and the aging: A selective bibliography. Hempstead, L.I.: Siecus Report, 1976.

Words on aging: A bibliography on all aspects of aging. Washington, D. C.: U. S. Printing Office, 1971.

Sara Goodman
Spring, 1978

III

FILMS

FILMSTRIPS

AUDIO-VISUAL MEDIA

Don't stop the music. Administration of Aging, 1828 L Street, N. W., Washington, D. C. 20036 (A free-loan film)

And when you grow old. American Occupational Therapy Association, 6000 Executive Boulevard, Rockville, Md. 20852.
Film has five sketches in which people share their feelings about growing old.

About aging: A catalog of films. Andrus Gerontology Center, University Park, University of Southern California, Los Angeles, California, 90007. (Revived 1977 - $3)

Inquire about Senior Input produced and crewed by older people. Ann Arbor Public Access, 208 W. Liberty, Ann Arbor, Mi. 48108.

Peege. Boston University, Abraham Krasker Memorial Film Library, School of Education, 765 Commonwealth Ave., Boston, Ma. 02218.
A poignant film of a visit to a nursing home on Christmas to a blind grandmother.

The mail box. Brigham Young University, Provo, Utah, 84602.
Portrays the loneliness and isolation the old experience when families do not communicate. (Available for preview)

Perspectives on aging: Filmstrips. Concept Media, 1500 Adams Ave., Costa Mesa, Ca. 92626
Myths and Realities
Physical Changes and their Implications
Implications For Teaching
The Confused Person: Approaches to Reality Orientation
Old People's Home

Aging. CRM Educational Films, Del Mar, California 92014.
Demonstrates "activity" and "disengagement" theories on aging.

Inquire about film Sunday Is O.K. Too, advocating the need for privacy in extended care facilities for the aged. Department of Family Health Care Nursing, School of Nursing, University of California, San Francisco, Ca. 94143.

Inquire about video cassette--The aged victim: A call for understanding. Dallas Geriatric Research Institute, Dallas, Tx, 75228.

Miles to go and after autumn. Department of Social Services, Division of Services For the Aging, 1576 Sherman St., Denver, Colorado, 80203. (Both films available free.)

Inquire about instructional videotapes--Aging and the human experience. Division of Human & Community Resources, University of Maryland, College Park, Md. 20742.

Longevity: To live to be 140. Document Associates, 880 Third Avenue, New York, N. Y. 10022.

Aging: A filmography. Educational Film Library Association, 17 West 60th St., New York, N. Y. 10023.
Judith Trojan has put together a comprehensive annotated list of films on all aspects of aging.

Reflections on the life cycle.
The medical approach to aging.
Dependency and aging.
Aging and suicide in another culture. Filmmakers Library, Inc., 290 West End Ave., New York, N.Y. 10023.

Inquire about video tape showing how older Americans are viewed on commercial television. Gray Panthers Media Watch Committee, 626 Riverside Drive, New York, N. Y. 10031.

Passing quietly through. Grove Press, Inc.,196 W. Houston St., New York, N. Y. 10014.
A sensitive film on the relationship between a dying old man and a visiting nurse who cares for him.

Inquire about video tape series on retirement--Ready or not. Manpower Education Institute, 127 East 35th Street, New York, N. Y. 10016.

Reality therapy with severely senile institutionalized elderly. Montefiore Home For The Aged, Cleveland, Oh. 44118.
A 12 minute documentary film of the therapy sessions.

Never trust anyone under 60. National Audiovisual Center (GSA), Washington, D. C. 20409.
Describes problems on aging discussed at the White House Conference on Aging.

Preparation for the later years. National Council on Aging, 1828 L. Street, N. W., Washington, D. C. 20036. (Pre retirement Filmstrip Program.)

Our elders: A generation neglected. Prentice Hall Media, 150 White Plains Rd., Tarrytown, N. Y. 10591. (Two color film strips.)

Inquire about the television series on aging produced for the Children's Mr. Rogers' Neighborhood Show. Project Family Communications, Inc., 4802 Fifth Ave., Pittsburgh, Pa., 15213.

Annual catalog contains some aging films. Psychological Cinema Registrar, Pennsylvania State University, Audio Visual Services, 6 Willard Bldg., University Park, Pennsylvania, 16802.

Arthur and Lillie. Pyramid Films, Box 1048, Santa Monica, Ca.,90406.
A film about Arthur (89) and Lillie (86) Mayer living a creative old age.

Aging: The search for eternal youth. The University of California, Extension Media Center, Berkeley, Ca. 94720.

Inquire about five video-tapes on aging. University of Georgia, Georgia Center For Continuing Education, Athens, Ga. 30602.

The yellow leaf. (#558) University of Nebraska at Omaha, Box 688, Omaha, Nebraska, 68101.
Free film on aging.

Growing older in America. University of Washington Press, Seattle, Washington, 98105.
A 20 part video tape series with a study viewer's guide with an extensive bibliography.

Sara Goodman
Spring, 1978

IV

ORGANIZATIONS

JOURNALS

NEWSLETTERS

GRADUATE EDUCATION AND RESEARCH

ORGANIZATIONS

Adult Education Association
810 Eighteen Street N.W.
Washington, D.C. 20006

Adult Student Personnel Association
University College of Liberal and Applied Studies
University of Rochester
Rochester, New York 14627

Administration on Aging
400 Sixth St., S.W.
Washington, D. C. 20201

American College Personnel Association
Commission XIII, Student Personnel Work for Adults in Higher Education
1607 New Hampshire Ave.
Washington, D. C. 20009

American Psychological Association
1200 Seventeenth St.
Washington, D.C. 20036
Division 20, Adult Development and Aging

Association for Gerontology in Higher Education
McBeath Institute on Aging and Adult Life
425 Henry Mall
Madison, Wisconsin 53706

Avocational Guidance, Inc.
122 East 42nd Street
New York, New York 10003

Center for the Study of Aging
706 Madison Avenue
Albany, New York 12208

Gerontological Society
#1 Dupont Circle
Washington, D.C. 20036

Gray Panthers
3700 Chestnut St.
Philadelphia, Pa. 19104

National Council on Aging
1828 L Street N.W.
Washington, D.C. 20036
(Includes National Institute of Industrial Gerontology, National Institute of Senior Centers, Community Organizations and Development, and Conference of National Organizations.)

National Center for the Black Aged
725 De Salle Street, Suite 402
Washington, D.C. 20009

United States Government
Department of Health, Education and Welfare
Washington, D. C. 20009

JOURNALS

Adult Education

Adult Leadership (for "community leaders and practitioners which deals with adult education ideas, techniques, issues, and programs")

Adult Education Association
810 Eighteenth Street
Washington, D. C. 20006

Aged Care and Counseling

The Haworth Press
174 Fifth Ave.
New York, N. Y. 10010

Aging

Administration on Aging
Washington, D. C. 20201

Developmental Psychology

American Psychological Association
1200 Seventeenth Street
Washington, D. C. 20036

Dynamic Maturity

Action for Independent Maturity
215 Long Beach Boulevard
Long Beach, California 90801

Educational Gerontology

Hemisphere Publication Corporation
1025 Vermont Ave., N. W.
Washington, D. C. 20005

Experimental Aging Research
Box 85, Bar Harbor, Maine 04609

Geriatrics
4015 West 65th St.
Minneapolis, Minnesota 55435

Human and Animal Aging
Biosciences Information Service
2100 Arch Street
Philadelphia, Pennsylvania 19103

Industrial Gerontology

Perspective on Aging

Current Literature on Aging
National Council on the Aging
1828 L Street, N. W.
Washington, D. C. 20036

International Journal of Aging and Human Development
Baywood Publishing Company, Inc.
43 Antral Drive
Farmingdale, New York 11735

Journal of the American Geriatrics Society
American Geriatrics Society
10 Columbus Circle
New York, New York 10019

Journal of Geriatric Psychiatry
International Universities Press
239 Park Avenue, South
New York, New York 10003

Journal of Gerontology

The Gerontologist
Gerontological Society
#1 Dupont Circle
Washington, D. C. 20036

Journal of Marriage and Family Counseling
American Association of Marriage and Family Counselors
225 Yale Avenue
Claremont, California 91711

Journal of Marriage and the Family
National Council on Family Relations
1219 University Avenue, S. E.
Minneapolis, Minnesota 55414

Modern Maturity
American Association of Retired Persons
1909 K Street, N. W.
Washington, D. C. 20049

National Longitudinal Surveys
(Labor market research reports on adults supported by U. S. Department of Labor)
Superintendent of Documents
U. S. Government Printing Office
Washington, D. C. 20402

NRTA Journal
National Retired Teachers Association
1909 K Street, N. W.
Washington, D. C. 20049

Psychological Abstracts (Section on Adult Development and Aging)
American Psychological Association
1200 Seventeenth Street
Washington, D. C. 20036

Social Security Bulletin
Superintendent of Documents
U. S. Government Printing Office
Washington, D. C. 20402

Periodic reports may be obtained from:
U. S. Dept. H.E.W.
Social Security Administration
Office of Research and Statistics
Publications Staff
1875 Connecticut Avenue, N.W.
Washington, D.C. 20009

NEWSLETTERS

AARP News Bulletin
American Association of Retired Persons
1909 K Street, N. W.
Washington, D. C. 20049

Gray Panther Network
3700 Chestnut St.
Philadelphia, Pa. 19104

It's About Time
Gerontology Collective
Brandeis University
Waltham, Ma. 02154

NRTA News Bulletin
National Retired Teachers Association
1909 K Street, N. W.
Washington, D. C. 20049

Prime Time: By and For Older Women
420 West 46th St.
New York, N. Y. 10036

Senior Citizens News
National Council of Senior Citizens, Inc.
1511 K Street, N. W.
Washington, D. C. 20005

GRADUATE EDUCATION AND RESEARCH

Case Western Reserve
School of Graduate Studies
2040 Adelbert Road
Cleveland, Ohio 44106

Center for Studies in Aging
North Texas State University
Denton, Texas 76203

Center for the Study of Aging and Human Development
Duke University
Durham, North Carolina 27710

College of Human Development
Pennsylvania State University
Human Development Bldg.
University Park, Pennsylvania 16802

College of Human Resources and Education
West Virginia University
Morgantown, West Virginia 26506

Committee on Human Development
University of Chicago
5730 South Woodlawn Avenue
Chicago, Illinois 60637

Department of Psychology
Washington University
St. Louis, Missouri 63130

Division of Special Studies
National Graduate University
3408 Wisconsin Avenue, N. W.
Washington, D. C. 20016

Ethel Percy Andrus Gerontology Center
University Park
University of Southern California
Los Angeles, California 90007

Human Development and Aging Program
University of California at San Francisco
1415-29 Fourth Avenue
San Francisco, California 94143

Gerontology Institute
Sangamon State University
Springfield, Illinois 62708

Graduate Research Training Program in Aging
Faye McBeath Institute on Aging and Adult Life
University of Wisconsin
Madison, Wisconsin 53706

Institute of Applied Gerontology
St. Louis University
3550 Lindell Blvd.
St. Louis, Missouri 63103

Institute of Gerontology
University of Michigan/Wayne State University
543 Church Street
Ann Arbor, Michigan 48104

Institute for Human Adjustment
Division of Gerontology
University of Michigan
1510 Rackham Bldg.
Ann Arbor, Michigan 48104

Leonard Davis School of Gerontology
University of Southern California
University Park
Los Angeles, California 90007

Program in the Economics and Politics of Aging
Brandeis University
Waltham, Massachusetts 02154

Scripps Foundation Gerontology Center
Miami University
Oxford, Ohio 45056

Technical and Training Division
National Center on Black Aged
Suite 402, DeSales Street, N.W.
Washington, D. C. 20036

Graduate Program
Master of Public Administration
and
Certificate in Gerontology
Retirement Housing and Long Term Administration
College of Business and Public Administration
The University of Arizona
Tuscon, Arizona 85721

Sara Goodman
Spring, 1978

V

SELECTED TESTS FOR OLDER ADULTS

Bellak, L., & Bellak, S. S. The senior apperception test (S.A.T.). C.P.S., Inc., P. O. Box 83, Larchmont, New York 10538.

This projective test can be used by professionals not specifically trained in psychology. It can be used by physicians, social workers, and nurses.

Neugarten, B. L., Havighurst, R. J., & Tobin, S. S. The measurement of life satisfaction. Journal of Gerontology, 1961, 16, 134-143.

Palmore, E. Facts on aging: A short quiz. The Gerontologist, 1977, 17(4), 315-320.

Philadelphia geriatric morale scale. Philadelphia Geriatric Center, 5301 Old York Road, Philadelphia, Pennsylvania, 19141.

Includes attitude toward one's own aging and lonely dissatisfaction.

Rosencranz, H. A., & Pibiblad, C. T. Measuring the health of the elderly. Journal of Gerontology, 1970, 25(2), 1229-133.

Planning ahead after forty. Western Psychological Services, 12031 Wilshire Blvd., Los Angeles, California 90025.

A psychoevaluation paperback book with ten self-study tests.

ADDENDUM

Andrulis, Richard S. Adult assessment: A source book of tests and measures of human behavior. Springfield, Illinois: Charles C. Thomas, Publishers, 1977.

Sara Goodman
Spring, 1978

VI

AGING THROUGH LITERATURE AND POETRY

Reality is not an inspiration for literature. At its best, literature is an inspiration for reality.

Romain Gary
New York Herald Tribune
January 13, 1960

Poets are the unacknowledged legislators of the world.

Shelley
A Defense of Poetry, 1821

BIBLIOGRAPHY: OLD AGE IN CONTEMPORARY NOVELS

Achebe, Chinua. Arrow of God. New York: John Day, 1967.

Ezeulu, chief priest of an ibo (Nigerian) tribe, no age specified, faces the conflict between his tribe's religious tradition and the discontent of its young men. Period: early 1920s.

Allen, Walter Ernest. Threescore and ten. New York: William Morrow, 1959.

Billy Ashted, 76, English working-class socialist, experiences retirement and life as a dependent in his son's home.

Amis, Kingsley. Ending up. New York: Harcourt, Brace, 1973.

Two women, three men, four of English middle class and one servant, all over 70, combine resources in one household.

Arkell, Reginald. Old Herbaceous. New York: Harcourt, Brace, 1951.

Herbert Pinnegar, 80, English gardener, reviews his life. Omniscient, with some authorial comment; focus is on Pinnegar's interior monologue.

Bailey, Paul. At the Jerusalem. New York: Atheneum, 1967.

Mrs. Faith Gadney, 71, English widow, enters a home for the aged.

Banister, Margaret. Tears are for the living. Boston: Houghton, Mifflin, 1963.

Jane Meade Calhoun Darby, 100, twice widowed, matriarch of a Virginia old-line family, reviews her life.

Banning, Margaret Culkin. The will of Magda Townsend. New York: Harper & Row, 1974.

Magda Townsend, successful American novelist, 80, reviews her life and prepares a statement for her heirs.

Bellow, Saul. Mr. Sammler's planet. New York: Viking Press, 1969.

Artur Sammler, German Jewish intellectual, early 70's, grows toward understanding of himself and of the relationships within his family.

Bennett, Jack. The hawk alone. Boston: Little, Brown, 1965.
Gord Vance, African white hunter, 70, facing diminished physical powers, reviews his personal and professional life.

Bentley, Phyllis. A man of his time. New York: Macmillan, 1966.
Henry Morcar, English textile manufacturer, 70s, experiences the economic and ideological changes occurring between 1958 and 1965.

Beresford-Howe, Constance. The book of Eve. Boston: Little, Brown, 1973.
Eva, a Montreal housewife, 65, gets her first old-age pension check and leaves her 16-year servitude to an arthritic husband.

Bermant, Chaim. Diary of an old man. New York: Holt, Rinehart & Winston, 1966.
An English laboring man, 80s,survives in contemporary London, fighting cold, poverty, uselessness.

Berry, Wendell. The memory of Old Jack. New York: Harcourt, Brace, Jovanovich, 1974.
Jack Beechum, 90, retired Kentucky farmer, reviews his life.

Bru, H. The old man and his sons, translated from the Faroese by John F. West. New York: Paul S. Eriksson, 1970.
Ketil, no age given, his wife, and his son Kalv, the youngest of 11 children, struggle to pay a debt incurred when Ketil was drunk.

Buechner, Frederick. The entrance to Porlock. New York: Atheneum, 1970.
Peter Ringkoping, New England writer and bookseller, 80, his two middle-aged sons and his teenage grandson journey to, and visit a community for retarded adults.

Burgess, W. V. Second Hand persons. New York: Doubleday, 1969.
Mr. David Berg, 84, and Mr. Lavender, 70s, are residents of Rainwood, an English home for the aged.

Carson, Robert. The golden years caper. Boston: Little, Brown, 1970.
Sidney Ellen Buckner, 67, widow, masterminds the illegal activities of five residents of Golden Years, Inc., a retirement village in California.

Chaquet, Virginia. The gold in the glass. New York: Holt, Rinehart & Winston, 1971.
Mrs. Gladys Jugson, 70s, retired American ballet star, resident of a French village, shares her home with two younger Americans.

Clavel, Bernard. The fruits of winter, translated from the French by Patsy Southgate. New York: Coward, McCann, 1969.
Gaston Dubois, 70, and his wife, 56, French villagers, survive the final year of World War II and experience the early days of peace.

Cormier, Robert. Take me where the good times are. New York: Macmillan, 1965.
Tommy Bartin, 70, retired timekeeper for a Massachusetts comb factory, resident of the City Infirmary (poorhouse), uses a $63 inheritance for a spree.

Crichton-Smith, Ian. The alien light. Boston: Houghton, Mifflin, 1974.
Mrs. Scott, 70, cottager in early 19th century Scotland, awaiting eviction, reviews her life.

Detre, Jean. A happy ending. New York: Simon & Schuster, 1967.
Isodore Rose, 79, wealthy retired manufacturer, hires Mrs. William Sweet, 40, widow, as companion and travels with her to Italy and Israel.

Douglas, Ellen. Apostles of light. Boston: Houghton, Mifflin, 1973.
Miss Martha Clarke, 70s, and Dr. Lucas Alexander, 70s, her lifelong friend, are victimized by nursing home owners.

Eldridge, Paul. The second life of John Stevens. New York: Yoseloff, 1960.
Stevens, forced to retire from a New England university at 70, writes a journal of his experiences and his developing philosophy of aging.

Faunce, Frances Avery. Those later years. New York: Thomas Y. Crowell, 1959.
Five college classmates, 70, living in a small New England town, discuss adjustment to living in a nursing home.

Faust, Irvin. Willy remembers. New York: Arbor House, 1971.
Willy Kleinhans, retired New York City dairy owner, 93, recounts his Spanish-American War experiences intermingled with his memories of his family and of the historical events in his lifetime.

Fenwick, Elizabeth. A friend of Mary Rose. New York: Harper, 1961.
Mr. Nicholas, 83, blind pensioner, saves the life of an 11-year-old girl.

Fenwick, Elizabeth. Goodbye, Aunt Elva. New York: Atheneum, 1968.
Miss Violet Besserman, 76, is forced to masquerade as Mrs. Elva Ryan, widowed owner of a large house.

Fleming, Joan. How to live dangerously. New York: Putnam's, 1975.
Martin Pendle Hill, 80, retired Oxford professor, solves the nurder of a young tenant.

Fruchter, Norman. Coat upon a stick. New York: Simon & Schuster, 1963.
The janitor in a New York City synagogue, 68, spends a Sunday making his rounds and rejects his son's offer of financial help.

Gilman, Dorothy. The unexpected Mrs. Pollifax. New York: Doubleday, Inc., 1966.
Emily Pollifax, 63, resident of New Brunswick, New Jersey, widow of a lawyer, becomes a spy for the C.I.A.

Godden, Jon. Mrs. Panapoulis. New York: Alfred A. Knopf, 1959.
Mrs. Panapoulis, wealthy British widow, 79, on a cruise to Africa, spends a one-day stopover encouraging the romance of her companion, her great-niece.

Goldstein, Arthur D. A person shouldn't die like that. New York: Random House, 1972.
Max Guttman, 71, retired New York clothing worker, solves the nurder of one of his neighbors.

Greenfeld, Josh, & Paul Mazursky. Harry and Tonto. New York: E. P. Dutton, 1974.
Harry Combs, 72, retired New York City school teacher, travels to California.

Hanley, James. A woman in the sky. New York: Horizon Press, 1974.
Brigid Kavanaugh and her friend Lena Bidulph, 70s, London widows, experience poverty, fear, and bureaucratic intervention.

Hemingway, Ernest. The old man and the sea. New York: Charles Scribner's Sons, 1952.
Santiago, Cuban fisherman, age unspecified, catches and fights to save a giant fish.

Hill, Susan. Gentleman and ladies. New York: Walker, 1968.
One man and five women, aged 60 to 90, experience a variety of inter-personal relationships within one small English town.

Hough, John, Jr. The guardian. Boston: Little, Brown, 1975.
Nye Gifford, 62, chief of police in a Cape Cod village, participates in detection and prosecution of a murderer.

Jones, Richard. The three suitors. Boston: Little, Brown, 1967.
Lady Mignon Benson-Williams, 76, widow of a British government official, undertakes to sell his papers.

Kawabata, Yasunari. The sound of the mountain, translated from the Japanese by Edward M. Seidensticker. New York: Alfred A. Knopf, 1970.
Shingo, 62, executive in a financial institution, experiences changing marital mores as he interacts with his 63-year-old wife, his son and daughter-in-law, and his divorced daughter.

Laurence, Margaret. The stone angel. New York: Alfred A. Knopf, 1964.
Hagar Currie Shipley, 90, Canadian farm woman, reviews her life and gains insight into her own character and actions.

Lawrence, Josephine. Not a cloud in the sky. New York: Harcourt, Brace & World, 1964.
In 1975, by government order, Harper (65) and Druisilla (60) Brownell retire to "Tranquil Acres," where residents live in controlled comfort and engage in suitable leisure-time activities.

Lawrence, Josephine. The web of time. New York: Harcourt, Brace, 1953.
Munsey Wills, 65, clerk in a small office, is forced to retire and faces uselessness, economic privation, and his wife's discontent.

McInerny, Ralph. Gate of heaven. New York: Harper & Row, 1975.
The Society of St. Brendan, a Roman Catholic religious order in the Middle West, chooses a new director to succeed the 93-year-old founder.

Malm, Dorothy. Every third thought. New York: Doubleday, 1963.
Mrs. Anne Storch, Miss Beatrice Portman, sisters, and Oscar Portman, their brother, 70s, celebrate a Minneapolis Christmas with their greatniece, 24, and her husband.

Masters, John. The Field Marshal's memoirs. New York: Doubleday, 1975.
Field Marshal Sir John Durham, retired, 80, decides to write his memoirs of the Balkan campaign in World War II.

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Albert Carlson, 64, Sweish immigrant, retired real estate dealer and bankrupt fruit farmer, living in Pine Beach, California, reviews his life.

Morgan, Al. To sit on a horse. New York: Wm. Morrow, 1964.
Jack Judson, 76, retired vaudeville comic, feels rejected by his movie-producer son and conventional-minded daughter-in-law.

Morris, Wright. Fire sermon. New York: Harper & Row, 1971.
Floyd Warner, 82, California school crossing guard, journeys East to Nebraska with his 12-year-old grand-nephew, Kermit.

Morris, Wright. A life. New York: Harper & Row, 1973.
The day following the events in Fire Sermon, when Floyd journeys to the farm of his childhood.

Nabokov, Vladimir. Look at the Harlequins. New York: McGraw-Hill, 1974.
Vadim Vadimovich, 75, Russian-born British subject, writer, and former lecturer at an American university, tells his current, 32-year-old wife about his life and his three earlier marriages.

Naipaul, V. S. Mr. Stone and the Knights companion. New York: Macmillan, 1963.
Richard Stone, librarian for an English corporation, 62, facing retirement, marries and initiates an organization for retired workers.

Nathan, Robert. Color of evening. New York: Alfred Knopf, 1960.
Max Loeb, "an old painter in his 60s," takes a waif into his Pacific coast studio, falls in love with her, and relinquishes her to a younger man.

Nicolson, Robert. The whisperers. New York: Alfred A. Knopf, 1961.
Margaret Ross, widow, age unspecified, scavenges for survival in a Glasgow slum.

Nicolson, Robert. A flight of steps. New York: Alfred A. Knopf, 1966.
Continuation of The Whisperers. Glasgow's slum clearance program forces Mrs. Ross into a clean, controlled environment.

O'Connor, Edwin. I was dancing. Boston: Little, Brown, 1964.
Dan Considine, 83, ex-vaudeville hoofer, moves in on his son and daughter-in law.

O'Connor, Edwin. Last hurrah. Boston: Little, Brown, 1956.
Frank Skeffington, Boston politician, 72, experiences changing attitudes toward political campaigns.

Patrick, D. Smith. Forever island. New York: W. W. Norton, 1973.
Charlie Jumper, 86, Seminole Indian living in the Everglades, experiences the destruction of his way of life because of a real estate development.

Purdy, James. The nephew. New York: Farrar, Straus & Cudahy, 1960.
Alma Mason, retired school teacher, mid-70s, and brother Boyd, 78, real estate dealer in Midwest, mourn for nephew killed in Korea.

Robertson, Don. Praise the human season. New York: Arthur Fields Books, 1974.
Mr. Amberson, 74, retired Middle West school teacher, journeys East to Pennsylvania with his dying wife, 72.

Sarton, May. As we are now. New York: W. W. Norton,1973.
Miss Caroline Spencer, 70s, retired school teacher, experiences the venalty of a rural New England nursing home.

Sarton, May. Kinds of love. New York: W. W. Norton, 1970
Christina Chapman, 75, spends a quiet, fulfilling New England winter in the company of her ailing husband.

Sarton, May. Mrs. Stevens hears the mermaids sing. New York: W. W. Norton, 1965.
Hilary Stevens, 70, poet and novelist, is interviewed by a young critic and reviews her personal life as it relates to her writing.

Savage, Elizabeth. Happy ending. Boston: Little, Brown, 1972.
Carrie and Tom Russell, 70s, Montana ranchers, share the winter of 1935-1936 with a young couple.

Sharp, Margery. The innocents. Boston: Little, Brown, 1972.
English spinster, 60s (no name given), provides a home for a retarded child rejected by her parents.

Sharp, Margery. Rosa. Boston: Little, Brown, 1970.
Life story of Rosa, widow of Sir Charles Ramillies, from 1867 when she was 3 to 1943 when she was 80.

Spark, Muriel. Memento mori. Philadelphia: J. B. Lippincott, 1959.
An assortment of English octagenarians receive warnings of impending death.

Stegner, Wallace, All the little live things. New York: Viking Press, 1967.
Joseph Allston, late 60s, retires to a California rural area and becomes involved with young neighbors.

Stone, Gene. Darling I am growing old. Boston: Houghton, Mifflin, 1974.
Roy Eldridge, 67, experiences the difficulties of clandestine adultery in Sunset Acres, "A Retirement City for the Young in Heart."

Streeter, Edward. Chairman of the bored. New York: Harper & Row, 1961.
Graham Crombie, 65, chairman of an investment counselling firm, experiences compulsory retirement.

Streeter, Edward. Ham Martin, Class of '17. New York: Harper & Row, 1969.
Martin, 72, Harvard alumnus, New York banker, reviews his life.

Swados, Henry. Celebration. New York: Simon & Schuster, 1974.
Sam Lumen, writer and authority on child psychology, 90, experiences conflict among his wife, his illegitimate son, his secretary, and his intellectual disciple.

Swinnerton, Frank. Death of a highbrow. New York: Doubleday, 1962.
Graham Stanhope, English poet and critic, 79, reviews his life and his relationships with fellow writers.

Swinnerton, Frank. Sanctuary. New York: Doubleday, 1967.
Eight impoverished English women, 64-74, are maintained in a remodelled mansion through the charity of a noblewoman.

Tanizaki, Junichiro. Diary of a mad old man, translated from the Japanese by Howard Hibbett. New York: Alfred A. Knopf, 1965.
Wealthy Japanese, 77, becomes obsessed with his daughter-in-law.

Mary Sohwgen, Ph.D.
The Gerontologist
February, 1977

SELECTED POEMS ON GROWING OLDER

When I grow old
God grant every child will feel the
texture of my soul
And will not turn away from me
As a thorn on a blighted vine
When I grow old

When I grow old
God grant that I might have some task
that must be done

That in some corner of this earth
Some-one will need my hand
When I grow old

...Edith Gable

Old People's Home

All are limitory, but each has her own
nuance of damage. The elite can dress and decent themselves,
are ambulant with a single stick, adroit
to read a book all through, or play the slow movements of
easy sonatas. (Yet, perhaps, their very
carnal freedom is their spirit's bane: intelligent
of what has happened and why, they are obnoxious
to a glum beyond tears.) Then come those on wheels, the
average majority, who endure T.V. and, led by
lenient therapists, do community singing,then
the loners, muttering in limbo, and last
the terminally incompetent, as impeccable,
improvident, unspeakable as the plants
they parody. (Plants may sweat profusely but never
sully themselves.) One tie, though, unites them: all
appeared when the world, though much was awry there, was more
spacious, more comely to look at, its Old Ones
with an audience and secular station. (Then a child,
in dismay with Mamma; could refuge with Gran
to be revalued and told a story.) As of now,
we all know what to expect, but their generation
is the first to fade like this, not at home but assigned
to a numbered frequent ward, stowed out of conscience
as unpopular luggage.
As I ride the subway
to spend half-an-hour with one, I revisage

who she was in the pomp and sumpture of her hey-day,
when week-end visits were a presumptive joy,
not a good work. Am I cold to wish for a speedy
painless dormition, pray, as I know she prays,
that God or Nature will abrupt her earthly function?

...W. H. Auden

Growing Old

What is it to grow old?
Is it to lose the glory of the form,
The lustre of the eye?
Is it for beauty to forgo her wreath?
Yes, but not this alone.

It is to feel our strength--
Not our bloom only, but our strength--decay?
Is it to feel each limb
Grow stiffer, every function less exact,
Each nerve more weakly strung?

Yes, this, and more! but not,
Ah, 'tis not what in youth we dream'd 'twould be!
'Tis not to have our life
Mellow'd and soften'd as with sunset glow,
A golden day's decline!

'Tis not to see the world
As from a height, with rapt prophetic eyes,
And heart profoundly stirr'd;
And weep, and feel the fullness of the past,
The years that are no more!

It is to spend long days
And not once feel that we were ever young.
It is to add, immured
In the hot prison of the present, month
To month with weary pain.

It is to suffer this,
And feel but half,and feebly, what we feel.
Deep in our hidden heart
Festers the dull remembrance of a change,
But no emotion--none.

It is--last stage of all--
When we are frozen up within, and quite
The phantom of ourselves,
To hear the world applaud the hollow ghost
Which blamed the living man.

...(Matthew Arnold (1822-1888)

Do Not Go Gentle Into That Good Night

Good men, the last wave bye, crying how bright
Their frail deeds might have danced in a green bay,
Rage, rage against the dying of the light.

Wild men who caught and sang the sun in flight,
And learned, too late, they grieved it on its way,
Do not go gentle into that good night.

Grave men, near death, who see with blinding sight
Blind eyes could blaze like meteors and be gay,
Rage, rage against the dying of the light.

And you, my father, there on the sad height,
Curse, bless, me now with your fierce tears, I Pray.
Do not go gentle into that good night.
Rage, rage against the dying of the light.

...Dylan Thomas (1914-1953)

An Old Woman of the Roads

Oh, to have a little house!
To own the hearth and stool and all!
The heaped-up sods upon the fire,
The pile of turf against the wall!

To have a clock with weights and chains,
And pendulum swinging up and down!
A dresser filled with shining delph,
Speckled and white and blue and brown!

I could be busy all the day
Clearing and sweeping hearth and floor,
And fixing on their shelf again
My white and blue and speckled store!

I could be quiet there at night
Beside the fire and by myself,
Sure of a bed and loth to leave
The ticking clock and shining delph!

Och! but I'm weary of mist and dark,
And roads where there's never a house nor bush!
And tired I am of bog and road,
And the crying wind and the lonesome hush!

And I am praying to God on high,
  And I am praying Him night and day,
For a little house--a house of my own--
  Out of the wind's and the rain's way.

...Padraic Colum

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that, the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I--
I took the one less traveled by,
And that has made all the difference.

...Robert Frost

The Very Special Joys of Elderly Ladies

Elderly laides all are agreed that
Old age has many lamentations.
It also has some compensations--
For example:
You no longer have to mind your image
Or be a model, for
No one is depending on you for direction.
You don't have to prove anything about
Your character
Your attitudes or
Your morals.
You can even see an X-rated movie, if you like,
And no one will think you're going astray.
Or read "The Sensuous Woman"

Without covering the book jacket,
Altho you'd probably be bored to tears
with both of them.
Nobody cares if you, sometimes, go to market
With a run in your stocking
or wearing last year's hat.

Little is required of you, socially,
Except that you be neat and pleasant and don't whine.
Someone always helps you up the stairs
And even down if the steps are steep.
If you should stumble
or bump into anyone.
They even pretend it was really not your fault,
Altho you know they're wondering
Why that poor soul doesn't look where she's going.
Nice young girls will read price tags for you,
If you should go shopping without your glasses.
No more do you have to fill out
complicated application forms
Or struggle to select the right answer
for multiple choice examinations.
You're out of the running
and accept the fact with grace.
Often a young granddaughter tells you
"You look pretty today"
And you know she means
That very special kind of pretty
Reserved for grandmothers
In little girls' hearts--
And you feel rewarded.
The most comfortable chairs are saved for you.
And if on rare occasions someone is unkind,
You no longer feel the need to voice resentment.
For with the years comes compassion
And you find yourself truly sorry for
The person who felt the need to be unkind.
Now I ask you, who else could ever
Know such riches; such joy?
Except, of course, all of the other
Elderly ladies you know!

...Helen Lawrence Brown

VII

THE ADULT LEARNER

It is too late! Ah, nothing is too late
Till the tired heart shall cease to palpitate.
Cato learned Greek at eighty; Sophocles
wrote his grand Oedipus, and Simonides
Bore off the prize of verse from his compeers,

When each had numbered more than fourscore years,
And Theophrastus, at fourscore and ten,
Had but begun his "Characters of Men."
Chaucer, at Woodstock with the nightingales,
At sixty wrote The Canterbury Tales;
Goethe at Weimar, toiling to the last,
Completed Faust when eighty years were past.

Henry Wadsworth Longfellow

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Sara Goodman
June, 1977 - April, 1978

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VIII

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ADVOCACY

It is the duty of every citizen
according to his best capacities
to give validity to his convictions
in political affairs.

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The Gray Panthers
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IX

RETIREMENT

"It is very grand to 'die in harness' but it is very pleasant to have the tight straps unbuckled and the heavy collar lifted from the neck and shoulders."

Oliver Wendell Holmes, Sr.
Over The Teacups, 1891

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Sara Goodman
Spring, 1978

X

COMBATING "AGEITIS"

Old places and old persons in
their turn, when spirit dwells
in them, have an intrinsic vitality
of which youth is incapable;
precisely the balance and
wisdom that comes from long
perspectives and broad foundations.

George Santayana

AGEISM: TEN COMMANDMENTS

The following ten commandments were given by Tish Sommers, the National Coordinator of the NOW Task Force on Older Women in California, December , 1975, when she was invited to join a panel on public policy chaired by Vice-President Nelson Rockefeller

I. Thou shalt honor thy mothers and thy fathers--all of them. As long as social policy toward the elderly is based upon the cheapest way to keep an old person alive, there can be no honor. In California, the state pays $19.95 maintenance for a person in a nursing home, and $20 to stable a horse. The U.S. is the only country to care for frail elderly persons as a business.

II. Thou shalt not devise fine programs for thy selves alone. If full medical coverage is good for legislators, it is good for the rest of us. If comfortable retirement income is just for public servants, we, your employers, would like it too. The corollary to that is:

III. Thou shalt not design painful social policy for everyone but thyselves. If social security taxes are compulsory for the rest of the work force, considered in part as income transference, this principle should apply to those in government as well. When affirmative action is a requirement for others, it should also apply to the employment policies of lawmakers. If belt-tightening is in order, those in public office should lead the way.

IV. Thou shalt not program for failure. You pass fine titled laws costing billions, then tie them up with layers of bureaucracy so that little money is used to address the problems the laws were designed to alleviate. Then you point to the failures, and call for reductions. There is a third alternative to cutting out necessary social services and breaking the bank. It is called, eliminate the middle man.

V. Thou shalt not balance the budget on our backs. Granted, the budget needs considerable trimming. We would be glad to organize an advisory commission of experienced budget-balancers on the homefront to assist in making a few economies. But we would not begin by reducing social security benefits, or food stamps, or medical benefits. To achieve some values, others must be forfeited, but the forfeit part has been too heavily weighted on those on the bottom where most older women are to be found.

VI. Thou shalt not ignore us. As yet, we homemakers seldom appear in statistics. How many homemakers have been displaced from their

VI. Thou shalt not ignore us (cont'd)
jobs because of widowhood or divorce for example? If something isn't counted, it doesn't exist. But displaced homemakers do exist, and we are currently working for passage of legislation. "Where there's a bill, there's a way," we've learned.

VII. Thou shalt reward us on earth as well as in heaven. If staying home and taking care of children is so important to the fabric of American society that we are denied child-care centers for that reason, why are we not entitled to retirement benefits like other workers?

VIII. Thou shalt not judge our value by two standards. When we are your wives and helping you up the ladder, our services are priceless, impossible to define in monetary terms. But when we no longer serve you, our past labor is deemed worthless. The homemaker receives no social security credits for her work, and the pitfalls of dependency are legion. If she is disabled on her job, she receives no disability benefits. If she is divorced (and unilateral no-fault is sweeping the country) her past labors are seldom counted. And if her husband worked for government, the retirement benefits she helped produce are lost to her forever. (Or for most private industry.)

IX. Thou shalt not put us in double jeopardy. It is patently unfair to exclude us from jobs (because of the compounding impact of ageism on sexism) and then lament the growing number of persons who are not "producers." We can create new jobs using our nurturing skills to provide urgently needed services, while at the same time earning social security credits for our own futures. (If you want to see how, watch our model California Displaced Homemakers Center next year.

X. Thou shalt not try to understand all women through thy wife. The man who relies solely on his domestic relationship for input on women's issues is likely to fall into the same trap as the white person who explains blacks by saying, "My maid says..." (unless one is married to Betty Ford. Then it would be a good idea to listen--especially in regard to the Equal Right Amendment).

GROWING OLDER GUIDELINES

Adapted from Esquire: "How to Get Old and Do It Right."

Stand up straight. This is hard enough in adolescence and never gets easier. It may hurt but it must be done.

Never stop working. The best old people have been thoughtful enough when young to go into business for themselves or to work for companies so small that at 65 they are too powerful to be ejected. Another option is to have a difficult and all-consuming hobby.

No cosmetic devices. Perpetual youth is for people under 55. Older people should be smarter; too smart to wear a toupee, dye their hair or have their faces lifted.

Rage, don't whine. It's useful to know the difference. Whining is subjective and complaining. Whining makes you and everyone else feel worse. It's a bore. Raging is objective -- and it gets things done. If a clenched fist seems to go along with your words, you're raging.

Embrace winter. Good old people spend at least two months of every year in a cold climate. They do not go to Florida or Arizona and perish of jungle rot or terminal suntan.

And lastly, acquire a big ego. Good old people do not depend on their children or anyone else for enough attention to make them feel attended to. Good old people are sufficient unto themselves, and can amuse themselves for weeks with a few books. And throw yourself a kiss in the mirror -- why not?

XI

CONFRONTING DEATH

Fear death? to feel the fog in my throat,
The mist in my face,
When the snows begin, and the blasts denote
I am nearing the place,
The power of the night, the press of the storm,
The post of the foe;
Where he stands, the Arch Fear in a visible form,
Yet the strong man must go:
For the journey is done and the summit attained,
And the barriers fall,
Though a battle's to fight ere the guerdon be gained,
The reward of it all.
I was ever a fighter, so--one fight more,
The best and the last!
I would hate that death bandaged my eyes, and forbore,
And bade me creep past.
No! let me taste the whole of it, fare like my peers
The heroes of old,
Bear the brunt, in a minute pay glad life's arrears
Of pain, darkness and cold.
For sudden the worst turns the best to the brave,
The black minute's at end,
And the elements' rage, the fiend-voices that rave,
Shall dwindle, shall blend,
Shall change, shall become first a peace out of pain,
Then a light, then thy breast,
O thou soul of my soul! I shall clasp thee again,
And with God be the rest!

Prospice by
Robert Browning

AGING AND DEATH: A BIBLIOGRAPHY

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AN ANNOTATED BIBLIOGRAPHY OF GRIEF, BEREAVEMENT, AND MOURNING

I hold it true, what e'er befall
I feel it when I sorrow most;
'Tis better to have loved and lost
Than never to have loved at all.

Alfred Tennyson

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Compiled by
Sara Goodman
November 1977

A Parable on Immortality: From THE JEWISH WAY IN DEATH AND MOURNIN by Maurice Lamm, Jonathan David Publishers, New York: 1969

Personality Instructor: Sara Goodman

An imaginative and telling analogy that conveys the hope and confidence in the after-life, even though this hope must be refracted through the prism of death, is the tale of twins awaiting birth in the mother's womb. It was created by a contemporary Israeli rabbi, the late Y. M. Tuckachinsky.

Imagine twins growing peacefully in the warmth of the womb. Their mouths are closed, and they are being fed via the navel. Their lives are serene. The whole world, to these brothers, is the interior of the womb. Who could conceive anything larger, better, more comfortable? They begin to wonder: "We are getting lower and lower. Surely if it continues, we will exit one day. What will happen after we exit?"

The World Beyond the Grave

Now the first infant is a believer. He is heir to a religious tradition which tells him that there will be a "new life" after this wet and warm existence of the womb. A strange belief, seemingly without foundation, but one to which he holds fast. The second infant is a thorough-going skeptic. Mere stories do not deceive him. He believes only in that which can be demonstrated. He is enlightened, and tolerates no idle conjecture. What is not within one's experience can have no basis in one's imagination.

Says the faithful brother: "After our 'death' here, there will be a new great world. We will eat through the mouth! We will see great distances, and we will hear through the ears on the sides of our heads. Why, our feet will be straightened! And our heads--up and free, rather than down and boxed in."

Replies the skeptic: "Nonsense. You're straining your imagination again. There is no foundation for this belief. It is only your survival instinct, an elaborate defense mechanism, a historically-conditioned subterfuge. You are looking for something to calm your fear of 'death.' There is only this world. There is no world-to-come!"

"Well then," asks the first, "what do you say it will be like?"

The second brother snappily replies with all the assurance of the slightly knowledgeable: "We will go with a bang. Our world will collapse and we will sink into oblivion. No more. Nothing. Black void. An end to consciousness. Forgotten. This may not be a comforting thought, but it is

a logical one."

Suddenly the water inside the womb bursts. The womb convulses. Upheaval. Turmoil. Writhing. Everything lets loose. Then a myserious pounding--a crushing, staccato pounding. Faster, faster, lower, lower.

The believing brother exits. Tearing himself from the womb, he falls outward. The second brother shrieks--startled by the "accident" befallen his brother. He bewails and bemoans the tragedy--the death of a perfectly fine fellow. Why? Why? Why didn't he take better care? Why did he fall into that terrible abyss?

As he thus laments, he hears a head-splitting cry, and a great tumult from the black abyss, and he trembles: "Oh my! What a horrible end! As I predicted!"

Meanwhile as the skeptic brother mourns, his "dead" brother has been born into the "new" world. The head-splitting cry is a sign of health and vigor, and the tumult is really a chorus of mazel tovs sounded by the waiting family thanking God for the birth of a healthy son.

Indeed, in the words of a contemporary thinker, man comes from the darkness of the "not yet," and proceeds to the darkness of the "no more." While it is difficult to imagine the "not yet" it is more difficult to picture the "no more."

As we separate and "die" from the womb, only to be born to life, so we separate and die from our world, only to be re-born to life external. The exit from the womb is the birth of the body. The exit from the body is the birth of the soul. As the womb requires a gestation period of nine months, the world requires a residence of 70 or 80 years. As the womb is prozdor, an anteroom preparatory to life, so our present existence is a prozdor to the world beyond.

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